



News Release

FOR IMMEDIATE RELEASE:

January 11, 2010

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New Year's Resolution – Walk with the Mayor at Fairmount Park

RIVERSIDE, Calif. – Begin the New Year off toward a healthy new you on a walk with Riverside Mayor Ron Loveridge at Fairmount Park on Saturday, January 16. Join Mayor Loveridge and special guest Jan Muto, Riverside City College President for conversation and a walk through the park.

"We know that walking 30 minutes at least five times a week makes a difference in our health," said Mayor Loveridge. "It is my hope that the residents of Riverside will make a habit of walking for good health - the Walk with the Mayor program introduces new locations for walking."

Fairmount Park is located at 2601 Fairmount Boulevard near Market Street and the 60 Freeway. The Mayor will take a route which will last about one hour. Wear comfortable walking/hiking shoes and bring a bottle of water.

Please plan to meet at the location at 7:30 a.m. for a welcome and warm-up time; the walks begin promptly at 7:45 a.m.

Take steps to a healthier Riverside – Get Fit! Get Healthy! Get Going!

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See Flyer below.

Walk with the Mayor!



Join
**Mayor
Ron Loveridge**
and special guest
**Riverside City
College President
Dr. Jan Muto**
for January's
one hour walk.

Saturday January 16, 2009

at Fairmount Park

Located at 2601 Fairmount Blvd

Meet at **7:30 a.m.** for a welcome and warm-up

Walk begins promptly at 7:45 a.m.



*Lace up your walking shoes and take
advantage of this opportunity
to chat with Mayor Loveridge
and his special guest
while the Mayor leads a morning walk.
Get Fit! Get Healthy! Get Going!*

For more information contact
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